

# Beef Stew - USDA Recipe D140

Meal Components: Vegetable - Red / Orange, Vegetable - Starchy, Vegetable - Other, Meat / Meat Alternate D14

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole-wheat flour	6 oz	1 1/2 cups	12 oz	3 cups	<b>1.</b> Combine flour with spices in a large bowl. Stir well.
Garlic powder		2 1/4 tsp		1 Tbsp 1 1/2 tsp	
Paprika		1 1/2 tsp		1 Tbsp	
Ground black pepper		3/4 tsp		1 1/2 tsp	
Dried thyme		1/2 tsp		1 tsp	
Beef stew meat, raw, lean, cubed 1/2"	5 lb 2 oz		10 lb 4 oz		<b>2.</b> Coat beef cubes with half of flour mixture. Stir well.
					<b>3.</b> Set aside remaining flour mixture for step 5.
Canola oil		1/4 cup		1/2 cup	<b>4.</b> Heat oil in a pan over medium high heat. Cook beef until golden brown, stirring often for about 5 minutes. Recommended to cook in batches of 25.

*Fresh onions, diced 1/4"	8 oz	1 1/2 cups	1 lb	3 cups	<b>5.</b> In the same pan, add onions and remaining flour mixture. Reduce heat to low. Cook for 2 minutes, stirring constantly.
Low-sodium beef broth		3 qt		1 gal 2 qt	<b>6.</b> Add beef broth to the stock pot. Scrape bottom of pot and stir well. Bring to a boil. Add beef cubes. Stir well. Reduce heat to low. Cover and simmer for about 2 hours or until beef is tender.  <b>7.</b> Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
Frozen carrots, sliced	2 lb 3 oz	1 qt 1 1/4 cups	4 lb 6 oz	2 qt 2 1/2 cups	<b>8.</b> Add carrots, celery, and potatoes to stock pot. Cook for about 15 minutes or until vegetables are tender.
*Fresh celery, diced 1/2"	13 oz	2 1/2 cups	1 lb 10 oz	1 qt 1 cup	
*Fresh red potatoes, unpeeled, diced 1"	1 lb 12 oz	1 qt 1/4 cup	3 lb 8 oz	2 qt 1/2 cup	
Frozen green peas	1 lb 10 oz	1 qt	3 lb 4 oz	2 qt	<b>9.</b> Fold in green peas and cook for 3 minutes. DO NOT OVERCOOK.  <b>10.</b> Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.  <b>11.</b> Pour beef stew into steam table pan (12" x

12. Critical Control Point: Hold for hot service at 140 °F or higher.
13. Portion with 8 fl oz spoodle (1 cup).

## Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Cooking Process #2: Same Day Service

### Serving

NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/4 cup starchy vegetable, 1/8 cup other vegetable, and 1/8 cup additional vegetable.

CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate and 5/8 cup vegetable.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Mature onions	10 oz	1 lb 4 oz
Red potatoes	1 lb 13 oz	3 lb 10 oz
Celery	1 lb	2 lb

Serving	Yield	Volume
See Notes	<b>25 Servings:</b> about 13 lb  <b>50 Servings:</b> about 26 lb	<b>25 Servings:</b> about 1 gallon 2 quarts 2 cups / 1 steam table pan (12" x 20" x 4")  <b>50 Servings:</b> about 3 gallons 1 quart / 2 steam table pans (12" x 20" x 4")

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Nutrients Per Serving					
Calories	239	Saturated Fat	2 g	Iron	4 mg
Protein	23 g	Cholesterol	57 mg	Calcium	45 mg
Carbohydrate	21 g	Vitamin A	9084 IU	Sodium	318 mg
Total Fat	7 g	Vitamin C	8 mg	Dietary Fiber	5 g